

**THE EMBODIMENTS OF THE INVENTION IN WHICH AN EXCLUSIVE
PROPERTY OR PRIVILEGE IS CLAIMED ARE DEFINED AS FOLLOWS:**

1. An exercise equipment system, said system
5 comprising an elastic strap having a pair of rigid
collars fitted to said strap at spaced apart locations
along said strap, and a plurality of grip components
which removably mount to said strap at said collars.
- 10 2. An exercise equipment system as claimed in Claim 1
wherein said collars are adjustable lengthwise along said
strap.
3. An exercise equipment system as claimed in Claim 1
15 wherein said strap has a rectangular cross-section.
4. An exercise equipment system as claimed in Claim 4
wherein said collars are cylindrical and said strap wraps
around said collars, said system including clips on said
20 strap for removably securing said strap tightly wound
around said collars.
5. An exercise equipment system as claimed in Claim 1
wherein one of said components comprises an individual
25 hand grip fitted to each of said collars.
6. An exercise equipment system as claimed in Claim 1
wherein one of said components comprises a bar which fits
in both of said collars and holds said collars spaced
30 from one another.
7. An exercise equipment system as claimed in Claim 6
wherein said bar is formed from a plurality of bar
segments, at least one of said segments comprising a main
35 body portion with reduced diameter end portions, other of
said segments comprising end fittings which fit on the

end portions.

8. An exercise equipment system as claimed in Claim 6
wherein said bar comprises a plurality of bar segments
5 which snap lock connect to one another.

9. An exercise equipment system as claimed in Claim 1
wherein one of said grip components comprises a door grip
formed by a thin pliant strap having a hook receiving
10 loop at one end of the pliant strip for hooking to the
elastic strap and having a doorstop member at the other
end of the pliant strip.